

# Health, Beauty And The Home

## Conserving More Than Food

By Mrs. Christine Frederick.

The Distinguished Authority on Household Efficiency.

**C**ONSERVATION is the popular watchword of the day. But that does not mean conservation only of food, especially in the home, but also the saving of metals, wood-work, fabrics and other articles which represent considerable investment to the homemaker. Not only is it necessary to save food supplies, but also to care for what we wear, and particularly those furnishings and equipment which make for our comfort and of which there is a present shortage due to war needs.

There is one kind of thrift which many more families should strive for, namely, care and proper upkeep of home furnishings. In far too many homes the moment a pot or a pan develops a hole or as soon as furniture needs repair or a fabric mending that is the signal to at once throw it away rather than take the pains to mend and restore it.

How many articles, all or part metal are in all our homes, and yet how poorly do we sometimes treat them? Now, all metals are subject to attack of rust which is really tarnish caused by moisture. This rust scales off constantly and a new surface of the metal is exposed, which finally eats away the metal itself. Any oil or preparation containing oil, such as paint, paraffin, kerosene, etc., should be used to coat and wipe metal articles and thus prevent rust.

In the Fall is just the time for the thrifty housekeeper to start on her "repair campaign." The radiators should have a coating of metallic paint. The oil stove or heater may have a coat of black so-called stove-pipe paint, as may also grates, fire andirons, stove-pipes and other similar metal parts. Too often such parts are allowed to rust and quickly disintegrate when a coat of paint would have increased their use by several years. The gratings of the hot-air furnace and any metal grillwork such as is sometimes found on a sewing machine need similar treatment to prolong their service. One neat woman used silver radiator paint on her garbage bucket outside and in before she used it at all, thus greatly protecting it as well as making it attractive.

Many articles of wicker, such as chairs, waste-baskets, etc., start to break or have the cane unravel from the foundation wicker. It will take but a few minutes to strip and task the strips in the beginning, but the whole bottom will become loose if allowed to go unpreserved. Similarly with catches, baby buggies and other articles which perhaps need only an hour's work with hammer and nail to transform them from dilapidated furnishings ready to be thrown out into good-as-new articles which will give much further service.

Far too frequently we do not save clothing and linens, etc., because to tell the truth we have cared for them so badly that they are not worth saving. Before we can even begin to be systematic we must learn to be careful. And this means taking apart sets of articles of clothing, removing them, hanging them neatly, etc. If means cleaning the rag, lighting the torn fringe and seeing that no insects destroy it. It means cutting equipment and keeping it free from rust.

No one thing is so generally overlooked as the proper care of household equipment. Too many housekeepers do not take the trouble to loosen the screws of the wiper so that the rolls will be free when it is not in use. Nor do they clean their carpet sweepers and off the bearing of their sewing machines, washers or other labor-saving devices as often as they should.

If we are in business a thrifty nation deserves had better start an educational plan to teach children this, as well as most of the best manners, try to educate fathers and mothers. If Tommy doesn't learn to close his shoes and sit his bicycle, and if Eddie doesn't learn to mind his torn shirt and broken collar, there isn't much chance that the next generation will be as economical as it ought to be.

Perhaps you are not using the right kind of powder for this purpose. Try dusting your nose about twice a day with this:

Bicarbonate of soda .2 ounces  
Pulverized Orris root 1 ounce  
Pulverized sennaceum 1 dram  
Mix thoroughly and keep in a dry place.

WON'T you please recommend a good tooth powder?—H. H. S.

One of my own favorite powders is made up for me according to this formula:

Carbonate of magnesia .6 ounces  
Sis, powdered 3 ounces  
Powdered Orris root 1 ounce  
Powdered sugar 1 ounce  
Castile soap .5 ounce  
Powdered precipitate  
of chalk 10 ounces  
Oil of roses 25 drops  
Oil of lemon 5 drops  
Oil of wintergreen 5 drops  
Tannin 15 drops.

I ALWAYs comb my hair thoroughly once a week. Do you think this is often enough? I am very proud of my hair and want to keep it in good condition.—C. B.

You should never shave without brushing your hair. Because the hair, especially in the cold, is a dust trap, and no dainty woman ought to retire without first removing the dust from her hair. The brush tells its own story of the day's accumulation of dust. If you take the trouble to comb it after brushing the hair loosen the skin from the ends by slow, firm massage, pressing the skin toward the crown.

PLEASE recommend a good astringent cream that acts like a toner and softens the skin.—MARIE.

I can strongly advise almond milk and crushed almonds.

Rose water 1 pint

If the mixture is not smooth, it should be strained through a cheesecloth before using. In this form it is softening and whitening. With the addition of  $\frac{1}{2}$  ounce of alum it is strongly astringent, besides.

I AM very fond of a good perfume, but do not like the effect left by a hit-or-miss application upon the hair or the clothing. What would you suggest?—E. E. S.

Many dainty and discriminating women are coming more and more to rely upon perfumes used after the bath, because they are then absorbed directly into the skin. There is one that leaves a most delightful odor as well as being an invigorating tonic:

Rosemary 6 ounces  
Finely powdered orange peel  $\frac{1}{2}$  ounce  
Thyme  $\frac{1}{2}$  ounce  
Rosewater 1 pint  
Spirits of wine 1 quart

I MASSAGE my face every morning, but lately it seems to become overheated and looks feverish afterward. This lasts for two hours or more. What should I do for it?—JANICE.

There is a deliciously cooling and refreshing lotion which you can dash over your face after the morning massage:

Extract of violet 250 grams  
Extract of rose 35 grams  
Tincture of Orris 20 grams

If you do not care for a lotion, then you may find that a powder puff fluffed daintily over the face, after being dipped in cloe powder, is sufficient.

MISS MARION DAVIES, ONE OF THE GREAT BEAUTIES OF MODERN TIMES, IN A PHOTOGRAPH SPECIALLY POSED AT CAMPBELL STUDIO.

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Even real wood furniture may be repaired and renovated at home with care and pains. Spots on the metal parts of a lamp burner. The burner may be boiled in a strong soda solution, then rinsed and dried on top of a hot stove. Clean burners will give much better light.

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